



# Attorney General Bill Schuette's **SeniorBrigade**

A MICHIGAN SENIORS INITIATIVE



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## Is this a Heart Attack?

### Symptoms may include:

- Pain in your jaw, neck, or back;
- Pain or numbness in your arms;
- Lightheadedness or weakness;
- Chest pain, which may be accompanied by shortness of breath.



**Call 9-1-1**  
**Immediately**  
**if you or**  
**someone you**  
**love may be**  
**having a heart**  
**attack!**

## American Heart Month

February is American Heart Month. Coronary heart disease is still the number one cause of death in the United States. In fact, someone in this country has a cardiac event almost every *25 seconds!*<sup>1</sup>

The [Centers for Disease Control and Prevention](#) recommends familiarizing yourself with the ways you can help prevent heart disease, including:

- Becoming familiar with medical conditions that could affect your heart. The [American Heart Association](#) provides detailed information about heart related conditions on their website;
- Limiting your exposure to smoke, including second-hand smoke exposure;
- Knowing the common heart attack signs; and
- Maintaining a healthy lifestyle.

<sup>1</sup> Source: Centers for Disease Control & Prevention



## Staying Healthy & Active



Remember to check our [website](#) in order to stay up-to-date on all the ways you can be active and healthy. We provide a list of various state and federal websites that will help you keep track of the most recent health information!

[www.michigan.gov/seniorbrigade](http://www.michigan.gov/seniorbrigade)